

# List of Activities

## P **Hylocereus undatus (Cactaceae)**

### Common name(s)

Night-Blooming Cereus; Belle-of-the-Night; Strawberry Pear; Nopalito De Noche; Queen-of-the-Night

\*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Activity	Reference
Acidulant	Aloe Research Council - Duke writeup of non-peer reviewd book by Coats and draft by Henry
<b>Chemicals (1)</b>	
ASCORBIC-ACID FEMA 6,000	
Aldose-Reductase-Inhibitor	
	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reservse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
<b>Chemicals (1)</b>	
ASCORBIC-ACID	
Allergenic	
<b>Chemicals (2)</b>	
BETA-CAROTENE	
NIACIN	
Analgesic	
<b>Chemicals (2)</b>	
ASCORBIC-ACID 5-10 g/day	
THIAMIN 1-4 g/day	
Androgenic	
<b>Chemicals (1)</b>	
BETA-SITOSTEROL	
Androgenic?	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
<b>Chemicals (1)</b>	
BETA-CAROTENE	
Angiogenic	
<b>Chemicals (1)</b>	
BETA-SITOSTEROL	
Angiotensin-Receptor-Blocker	
<b>Chemicals (2)</b>	
ASCORBIC-ACID	
FIBER	
Anorexic	Martindale's 28th
<b>Chemicals (1)</b>	
BETA-SITOSTEROL	
Antiacne	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

BETA-CAROTENE

Antiacrodynic

**Chemicals (1)**

NIACIN

Antiadenomic

Merck 11th Edition

**Chemicals (1)**

BETA-SITOSTEROL

AntiAGE

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. *Syndrome X - The complete nutritional program to prevent and reverse insulin resistance.* John Wiley & Sons, New York. 272 pp. \$24.95**Chemicals (1)**

ASCORBIC-ACID 2,000 mg/day

Antiaggregant

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. *Syndrome X - The complete nutritional program to prevent and reverse insulin resistance.* John Wiley & Sons, New York. 272 pp. \$24.95**Chemicals (1)**

ASCORBIC-ACID

Antiaging

**Chemicals (2)**

ASCORBIC-ACID 400 mg/day

BETA-CAROTENE

Antiakathisic

Martindale's 29th

**Chemicals (1)**

IRON

Antialcoholic

**Chemicals (1)**

THIAMIN 50-100 mg/day

Antiallergic

Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.**Chemicals (3)**

ASCORBIC-ACID

CALCIUM 500 mg/day

NIACIN 50 mg/2x/day

Antialzheimeran

Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.**Chemicals (3)**

ASCORBIC-ACID 2,000-6,000 mg/day

NIACIN

THIAMIN 100-3,000 mg/day

Antiambyopic

**Chemicals (1)**

NIACIN

Antiandrogenic

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. *Journal of Ethnopharmacology*, 28: 221-234, 1990.**Chemicals (1)**

BETA-SITOSTEROL

Antianemic

Martindale's 29th

**Chemicals (1)**

IRON

Antianginal

**Chemicals (1)**

NIACIN

Antianorectic

Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.* Taylor & Frost, London. 791 pp.**Chemicals (1)**

THIAMIN

Antianxiety

Davies, S., and Stewart, A. 1990. *Nutritional Medicine.* Avon Books, New York. 509pp.**Chemicals (1)**

CALCIUM

Antiarabiflavinotic

Martindale's 28th

**Chemicals (1)**

RIBOFLAVIN 2-10 mg/day orl

Antiarrhythmic

**Chemicals (1)**

CALCIUM 500-1,500 mg

Antiarthritic

**Chemicals (3)**

ASCORBIC-ACID 0.2-1 g/day

BETA-CAROTENE

CALCIUM 1,000 mg/day

Antiasthmatic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine.* John Bastyr College Publications, Seattle, Washington (Looseleaf).**Chemicals (2)**

ASCORBIC-ACID 1,000 mg/day

BETA-CAROTENE

Antiatherosclerotic

Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.**Chemicals (2)**

ASCORBIC-ACID

CALCIUM 500 mg/day

Antibackache

Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.**Chemicals (1)**

THIAMIN 1-4 g/day

Antibacterial

Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.

**Chemicals (2)**

ASCORBIC-ACID

BETA-SITOSTEROL

Antiberiberi

**Chemicals (1)**

THIAMIN

Anticancer

Joseph, J., Nadeau, D. and Underwood, A. 2001. *The Color Code.* Hyperion, NY.

**Chemicals (1)**

BETA-CAROTENE

Anticancer (Breast) Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from *Vaccinium myrtillus* (Bilberry) Fruits and Cell Cultures. *Plant Sci.*, 131(1): 95-103.

**Chemicals (1)**

BETA-SITOSTEROL

Anticancer (Cervix)

**Chemicals (1)**

BETA-SITOSTEROL

Anticancer (Lung)

**Chemicals (1)**

BETA-SITOSTEROL

Anticanker

**Chemicals (2)**

IRON

THIAMIN

Anticarcinomic Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

BETA-CAROTENE

Anticardiospastic

**Chemicals (1)**

THIAMIN

Anticarpal-Tunnel Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

**Chemicals (1)**

RIBOFLAVIN 50 mg/day

Anticataract Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

**Chemicals (4)**

ASCORBIC-ACID 350 mg/day

NIACIN

RIBOFLAVIN 15 mg/day

THIAMIN

Anticephalagic

**Chemicals (1)**

RIBOFLAVIN

Anticervicaldysplastic

**Chemicals (3)**

ASCORBIC-ACID 1,000-2,000 mg/day

BETA-CAROTENE

RIBOFLAVIN 1.6-10 mg/day

AntiCFS

**Chemicals (1)**

ASCORBIC-ACID 500-1,000 mg

## Anticheilitic

### Chemicals (2)

IRON

RIBOFLAVIN

## Antichilblain

Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants.* Taylor & Frost, London. 791 pp.

### Chemicals (1)

NIACIN

## Anticlimacteric

### Chemicals (2)

ASCORBIC-ACID 500-5,000 mg/day

CALCIUM 1,000-1,500 mg/day

## Anticold

### Chemicals (1)

ASCORBIC-ACID 1-2 g/man/day

## Anticolitic

### Chemicals (1)

THIAMIN

## Anticonvulsant

Werbach, M. 1993. *Healing with Food.* Harper Collins, New York, 443 pp.

### Chemicals (1)

NIACIN 3 g/day

## Anticorony

### Chemicals (1)

BETA-CAROTENE 50 mg/man/2 days

## AntiCrohn's

Martindale's 29th

### Chemicals (1)

ASCORBIC-ACID 50-100 mg/day/orl/man

## AntiCTS

### Chemicals (1)

ASCORBIC-ACID 1,000 mg 3x/day

## Antidecubitic

Martindale's 28th

### Chemicals (3)

ASCORBIC-ACID 500 mg/man/2x/day

RIBOFLAVIN

THIAMIN

## Antideliriant

### Chemicals (1)

THIAMIN

## Antidementia

### Chemicals (3)

ASCORBIC-ACID

NIACIN

THIAMIN

Antidepressant

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (2)**

ASCORBIC-ACID 2,000 mg/day

CALCIUM

Antidermatitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

NIACIN

Antidiabetic

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

**Chemicals (3)**

ASCORBIC-ACID

FIBER

NIACIN

Antidote (Aluminum)

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (2)**

ASCORBIC-ACID

CALCIUM

Antidote (Cadmium)

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID

Antidote (Lead)

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (2)**

ASCORBIC-ACID

CALCIUM

Antidote (Paraquat)

Martindale's 28th

**Chemicals (1)**

ASCORBIC-ACID

Antidyspeptic

**Chemicals (1)**

THIAMIN

Antidysphagic

**Chemicals (1)**

NIACIN

Antieczemic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (1)**

ASCORBIC-ACID 3.5-5 g/day

Antiedemic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (2)**

ASCORBIC-ACID 1 g/man/day

BETA-SITOSTEROL IC50=320 mg/kg orl

Antiencephalitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID

Antiencephalopathic

Martindale's 29th

**Chemicals (1)**

THIAMIN

Antiendometriotic

**Chemicals (1)**

ASCORBIC-ACID 2,000 mg/day

Antiepileptic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (1)**

NIACIN 3 g/day

Antiestrogenic

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.

**Chemicals (1)**

BETA-SITOSTEROL

Antifatigue

**Chemicals (2)**

ASCORBIC-ACID 500-1,000 mg

THIAMIN

Antifeedant

Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.

**Chemicals (1)**

BETA-SITOSTEROL

Antifertility

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.

**Chemicals (1)**

BETA-SITOSTEROL

Antifibrotic

**Chemicals (1)**

ASCORBIC-ACID 1,000-2,000 mg

Antigallstone

**Chemicals (1)**

ASCORBIC-ACID 1,000-3,000 mg/day

Antigastritic

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

**Chemicals (2)**

ASCORBIC-ACID

THIAMIN

Antgingivitic

**Chemicals (1)**

ASCORBIC-ACID

Antiglaucomic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (1)**

ASCORBIC-ACID 2 g/day

Antiglossitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

RIBOFLAVIN

Antigonadotropic

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. *Journal of Ethnopharmacology*, 28: 221-234, 1990.

**Chemicals (1)**

BETA-SITOSTEROL

Antihangover

**Chemicals (3)**

ASCORBIC-ACID 1,000 mg

NIACIN 50 mg

THIAMIN 50 mg

Antiheartburn

**Chemicals (1)**

THIAMIN

Antihemorrhagic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID 1 g/man/day

Antihepatitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID 2-6 g/man/day

Antihepatotoxic

**Chemicals (2)**

ASCORBIC-ACID

STIGMASTEROL

Antiherpetic

**Chemicals (2)**

ASCORBIC-ACID 1-5 g/day

THIAMIN

Antihistaminic

**Chemicals (2)**

ASCORBIC-ACID 2 g/day orl man

NIACIN 50 mg 2x/day

Antihyperactivity

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (1)**

NIACIN 1.5-6 g/day

Antihyperkeratotic

**Chemicals (1)**

BETA-CAROTENE

Antihyperkinetic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

CALCIUM

Antihyperlipoproteinaemic Jeffery B. Harborne and H. Baxter, eds. 1983. *Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants*. Taylor & Frost, London. 791 pp.

**Chemicals (1)**

BETA-SITOSTEROL

Antihypertensive

**Chemicals (3)**

ASCORBIC-ACID

CALCIUM

FIBER

Antichthythotic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

BETA-CAROTENE

Antiinfertility

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

**Chemicals (1)**

ASCORBIC-ACID 1 g/day

Antiinflammatory

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (3)**

ASCORBIC-ACID

BETA-SITOSTEROL

STIGMASTEROL

Antiinsomniac

Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

**Chemicals (1)**

CALCIUM

Antiinsomnic

Werbach, M. 1993. *Healing with Food*. Harper Collins, New York, 443 pp.

**Chemicals (1)**

NIACIN 1 g/day

Antikeratitic

**Chemicals (1)**

RIBOFLAVIN

Antilepric

Martindale's 28th

**Chemicals (1)**

ASCORBIC-ACID 1.5 g/man/day

Antileukemic

**Chemicals (1)**

BETA-SITOSTEROL

Antileukoplakic

**Chemicals (1)**

BETA-CAROTENE

Antilipoperoxidant

**Chemicals (1)**

BETA-CAROTENE IC<sub>71</sub>=50 ug/ml

Antilithic

**Chemicals (1)**

ASCORBIC-ACID 1,000-3,000 mg/day

Antilupus

Martindale's 28th

**Chemicals (1)**

BETA-CAROTENE 150 mg/man/day/2 mos

AntiLyme

**Chemicals (4)**

ASCORBIC-ACID 500-2,000 mg

NIACIN 50 mg/day

RIBOFLAVIN 50 mg/day

THIAMIN 50 mg

Antilymphomimic

**Chemicals (1)**

BETA-SITOSTEROL

Antimaculitic

**Chemicals (2)**

ASCORBIC-ACID

BETA-CAROTENE

Antimastitic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

BETA-CAROTENE

Antimeasles

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID

AntiMeniere's

Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

**Chemicals (1)**

NIACIN

Antimenopausal

**Chemicals (2)**

ASCORBIC-ACID 500-5,000 mg/day

CALCIUM 1,000-1,500 mg/day

Antimenorrhagic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

IRON 100 mg/day/wmn/orl

Antimigraine

Martindale's 29th

**Chemicals (3)**

ASCORBIC-ACID

RIBOFLAVIN

THIAMIN

Antimutagenic

Economic & Medicinal Plant Research, 6: 235.

**Chemicals (3)**

ASCORBIC-ACID

BETA-CAROTENE

BETA-SITOSTEROL 250 ug/ml

Antimyocarditic

**Chemicals (1)**

THIAMIN

Antineuronalgic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (2)**

NIACIN

THIAMIN 1-4 g/day

Antineuramidase

**Chemicals (1)**

ASCORBIC-ACID

Antineurasthenic

**Chemicals (1)**

THIAMIN

Antineuritic

**Chemicals (1)**

THIAMIN

Antineuropathic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (1)**

THIAMIN 50 mg

Antinitrosic

Martindale's 28th

**Chemicals (1)**

ASCORBIC-ACID 1 g/man/day

Antinociceptive

**Chemicals (1)**

STIGMASTEROL

Antiobesity

**Chemicals (3)**

ASCORBIC-ACID 1 g 3x/day

CALCIUM

FIBER

Antiophidic

Economic &amp; Medicinal Plant Research, 5: 363.

**Chemicals (2)**

BETA-SITOSTEROL 2.3 mg mus

STIGMASTEROL 2.3 mg ipr mus

Antiorchitic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID

Antiosteoarthritic

Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (1)**

ASCORBIC-ACID 1 g 2x/day

Antiosteoporotic

**Chemicals (3)**

ASCORBIC-ACID 500 mg/day

CALCIUM 500-2,000 mg/day

PHOSPHORUS

Antioxidant

**Chemicals (6)**

ASCORBIC-ACID 100 ppm

BETA-CAROTENE

BETA-SITOSTEROL IC44=10 uM

CHOLESTEROL IC43=10 uM

RIBOFLAVIN

STIGMASTEROL IC33=10 uM

Antiozenic

**Chemicals (1)**

BETA-CAROTENE

Antipapillomic

**Chemicals (1)**

BETA-CAROTENE

Antiparkinsonian Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (2)**

ASCORBIC-ACID 1 g 2-3x/day

NIACIN 100 mg/day

Antiparotitic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID

Antipellagric

**Chemicals (2)**

NIACIN

RIBOFLAVIN

Antiperiodontitic Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (2)**

ASCORBIC-ACID 1 g 2x/day

CALCIUM 750 mg/day

Antiphotophobic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (2)**

BETA-CAROTENE 30-300 mg/man/day

RIBOFLAVIN

Antipyriasis Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

BETA-CAROTENE

**Chemicals (2)**

BETA-CAROTENE

CALCIUM 1 g/day

Antipneumonic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

ASCORBIC-ACID

Antipodriac

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID

Antipoliomyelitic

**Chemicals (2)**

ASCORBIC-ACID

THIAMIN

Antiporphyrinic

Martindale's 28th

**Chemicals (1)**

BETA-CAROTENE 30-300 mg/man/day

Antiprogestational

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.

**Chemicals (1)**

BETA-SITOSTEROL

Antiproliferant

Joseph, J., Nadeau, D. and Underwood, A. 2001. The Color Code. Hyperion, NY.

**Chemicals (1)**

BETA-CAROTENE

Antiprostaglandin

**Chemicals (1)**

BETA-SITOSTEROL 30 mg/day/12 wks

Antiprostatadenomic

Merck 11th Edition

**Chemicals (1)**

BETA-SITOSTEROL

Antiprostatic

**Chemicals (1)**

BETA-SITOSTEROL 10-20 mg 3 x/day/orl man

Antipsoriac

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

BETA-CAROTENE

Antipyretic

Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman &amp; Hall, New York. 941 pp.

**Chemicals (2)**

ASCORBIC-ACID

BETA-SITOSTEROL

Antiradicular

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley &amp; Sons, New York. 272 pp. \$24.95

**Chemicals (2)**

ASCORBIC-ACID  
BETA-CAROTENE

AntiRaynaud's

**Chemicals (2)**

ASCORBIC-ACID 500 mg 1-2x/day  
NIACIN 1,500-4,000 mg/day

Antiretinotic

**Chemicals (1)**

ASCORBIC-ACID

Antirheumatic

**Chemicals (3)**

ASCORBIC-ACID  
BETA-CAROTENE  
CALCIUM 1,000 mg/day

Antirhinitic

**Chemicals (1)**

ASCORBIC-ACID 1,000 mg 3x/day

Antiscorbutic                    Martindale's 28th

**Chemicals (1)**

ASCORBIC-ACID 10 mg/man/day

Antiscotomic

**Chemicals (1)**

NIACIN

Antiseptic                    Martindale's 28th

**Chemicals (1)**

ASCORBIC-ACID MIC=3.3-217 mg/ml

Antishingles                    Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID

Antispasmodic                    Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.

**Chemicals (2)**

ASCORBIC-ACID 500-5,000 mg/day  
NIACIN 100 mg 2x/day

Antistress

**Chemicals (3)**

ASCORBIC-ACID 500-1,000 mg  
BETA-CAROTENE  
CALCIUM 500-1,500 mg/day

Antisyndrome-X                    Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reverse insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95

**Chemicals (1)**

ASCORBIC-ACID 1-4 g/day

Antitoxic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

#### Chemicals (1)

CALCIUM

Antitumor

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

#### Chemicals (2)

BETA-CAROTENE

FIBER

Antitumor (Breast)

Madhavi, D. L., Bomser, J., Smith, M., Singletary, K. 1998. Isolation of Bioactive Constituents from *Vaccinium myrtillus* (Bilberry) Fruits and Cell Cultures. *Plant Sci.*, 131(1): 95-103.

#### Chemicals (2)

BETA-CAROTENE IC45=60 ug/ml

BETA-SITOSTEROL

Antitumor (Cervix)

#### Chemicals (1)

BETA-SITOSTEROL

Antitumor (CNS)

#### Chemicals (1)

BETA-CAROTENE IC43=45 ug/ml

Antitumor (Colon)

#### Chemicals (1)

BETA-CAROTENE IC43=45 ug/ml

Antitumor (Gastric)

#### Chemicals (1)

ASCORBIC-ACID

Antitumor (Lung)

#### Chemicals (3)

ASCORBIC-ACID

BETA-CAROTENE IC30=60 ug/ml

BETA-SITOSTEROL

Antitumor (Prostate)

#### Chemicals (1)

BETA-CAROTENE

Antitumor (Stomach)

#### Chemicals (1)

BETA-CAROTENE IC26=45 ug/ml

Antiulcer

#### Chemicals (3)

ASCORBIC-ACID

BETA-CAROTENE 12 mg 3x/day/man/orl

FIBER

Antivertigo

**Chemicals (1)**

NIACIN

Antiviral Abid Ali Khan, M.M., Jain, D.C., Bhakuni, R.S., Zaim, M., and Thakur, R.S. 1991. Occurrence of some antiviral sterols in *Artemisia annua*. *Plant Science*, 75: 161-165, 1991.

**Chemicals (3)**

ASCORBIC-ACID 1-5 g/day

BETA-SITOSTEROL

STIGMASTEROL

Antixerophthalmic Davies, S., and Stewart, A. 1990. *Nutritional Medicine*. Avon Books, New York. 509pp.

**Chemicals (1)**

BETA-CAROTENE

Anxiolytic

**Chemicals (2)**

CALCIUM 500-1,500 mg/day

PHOSPHORUS

Apoptotic

**Chemicals (2)**

ASCORBIC-ACID 1-10 mM

BETA-SITOSTEROL

Artemicide Jung, J.H., Pum mangura, S., Chaichantipyuth, C., Patarapanich, C., and McLaughlin, J.L. 1989. Bioactive Constituents of *Melodorum fruticosum*. *Phytochemistry*. 29(5): 1667-1670. 1990.

**Chemicals (2)**

BETA-SITOSTEROL LC50=110 ppm

STIGMASTEROL LC50=110 ppm

Asthma-preventive Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

ASCORBIC-ACID 1,000 mg/day/orl

Beta-Adrenergic Receptor Blocker

**Chemicals (1)**

ASCORBIC-ACID

Beta-Blocker

**Chemicals (1)**

FIBER

Beta-Glucuronidase-Inhibitor

**Chemicals (1)**

ASCORBIC-ACID 1.5 g/day/man

Calcium-Antagonist

**Chemicals (1)**

ASCORBIC-ACID

Calcium-Channel-Blocker

**Chemicals (1)**

CALCIUM

Cancer-Preventive

Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.

**Chemicals (7)**

ASCORBIC-ACID

BETA-CAROTENE 22 ppm

BETA-SITOSTEROL

FIBER

NIACIN

RIBOFLAVIN

STIGMASTEROL

Candidicide

Recently became Internat. J. Crude Drug Res. 28(1,2,3,4):1990, page 155.

**Chemicals (1)**

BETA-SITOSTEROL

Cardioprotective

**Chemicals (3)**

ASCORBIC-ACID

FIBER

NIACIN

Caspase-8-Inducer

**Chemicals (1)**

BETA-SITOSTEROL

Chemopreventive

**Chemicals (1)**

BETA-CAROTENE

Circulotonic

**Chemicals (1)**

NIACIN

Cold-preventive

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID 1-2 g/day

Collagenic

**Chemicals (1)**

ASCORBIC-ACID

Colorant

Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor &amp; Frost, London. 791 pp.

**Chemicals (1)**

BETA-CAROTENE

COX-1-Inhibitor

**Chemicals (1)**BETA-CAROTENE IC<sub>78</sub>=50 ug/ml

COX-2-Inhibitor

**Chemicals (1)**

BETA-CAROTENE IC82=50 ug/ml

Detoxicant

**Chemicals (1)**

ASCORBIC-ACID

Diuretic

**Chemicals (3)**

ASCORBIC-ACID 700 mg/man/orl

CALCIUM

FIBER

Estrogenic

**Chemicals (2)**

BETA-SITOSTEROL

STIGMASTEROL

Febrifuge                    Neuwinger, H. D. 1996. African Ethnobotany - Poisons and Drugs. Chapman & Hall, New York. 941 pp.

**Chemicals (1)**

BETA-SITOSTEROL

Fibrinolytic

**Chemicals (1)**

NIACIN

Fistula-Preventive            Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

ASCORBIC-ACID

Gastroprotective

**Chemicals (1)**

BETA-CAROTENE

Gonadotrophic                Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.

**Chemicals (1)**

BETA-SITOSTEROL

Hepatoprotective

**Chemicals (2)**

BETA-SITOSTEROL

NIACIN

Hepatotoxic

**Chemicals (1)**

NIACIN

Hypocholesterolemic

## **Chemicals (6)**

ASCORBIC-ACID 300-1,000 mg/day  
BETA-SITOSTEROL 2-6 g/man/day/orl  
CALCIUM 500 mg/day  
FIBER  
NIACIN 50-100 mg 3x/day  
STIGMASTEROL

### Hypoglycemic

Ivorra, M.D., Paya, M., and Villar, A. 1989. A Review of Natural Products and Plants as Potential Antidiabetic Drugs. *Journal of Ethnopharmacology*, 27: 243-275, 1989.

## **Chemicals (3)**

ASCORBIC-ACID  
BETA-SITOSTEROL  
NIACIN

### Hypolipidemic

## **Chemicals (2)**

BETA-SITOSTEROL 2-6 g/day  
NIACIN

### Hypotensive

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

## **Chemicals (3)**

ASCORBIC-ACID 1,000 mg/man/day  
CALCIUM 1 g/day  
FIBER 10 g/man/day/orl

### Hypouricemic

## **Chemicals (1)**

FIBER

### Immunomodulator

## **Chemicals (1)**

ASCORBIC-ACID

### Immunostimulant

Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. *Syndrome X - The complete nutritional program to prevent and reverse insulin resistance*. John Wiley & Sons, New York. 272 pp. \$24.95

## **Chemicals (3)**

ASCORBIC-ACID  
BETA-CAROTENE 180 mg/man/day/orl  
PHOSPHORUS

### Insectifuge

Martindale's 28th

## **Chemicals (1)**

THIAMIN 75-150 mg/man/day

### Interferon-Synergist

## **Chemicals (1)**

BETA-CAROTENE

### Interferonogenic

Pizzorno, J.E. and Murray, M.T. 1985. *A Textbook of Natural Medicine*. John Bastyr College Publications, Seattle, Washington (Looseleaf).

## **Chemicals (1)**

ASCORBIC-ACID

### Laxative

**Chemicals (2)**

CALCIUM 1,000-1,200 mg  
FIBER

Lithogenic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

ASCORBIC-ACID

Mucogenic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

BETA-CAROTENE

Mucolytic

Martindale's 28th

**Chemicals (1)**

ASCORBIC-ACID 1 g/woman/day

Neuroprotective

**Chemicals (1)**

THIAMIN

Osteogenic

Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

**Chemicals (1)**

PHOSPHORUS

Ovulant

**Chemicals (1)**

STIGMASTEROL

Pesticide

**Chemicals (3)**

ASCORBIC-ACID  
BETA-SITOSTEROL  
THIAMIN

Phagocytotic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

BETA-CAROTENE

Prooxidant

**Chemicals (2)**

BETA-CAROTENE 20 ug/g  
IRON

Sedative

**Chemicals (2)**

NIACIN  
STIGMASTEROL

Serotoninergic

Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).

**Chemicals (1)**

NIACIN

Spermicide

Malini, T. and Vanithakumari, G. 1989. Rat Toxicity Studies With B-Sitosterol. Journal of Ethnopharmacology, 28: 221-234, 1990.

**Chemicals (1)**

BETA-SITOSTEROL

Thymoprotective	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
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**Chemicals (1)**

BETA-CAROTENE

Tranquilizer

**Chemicals (1)**

CALCIUM 500-1,500 mg/day

Ubiquiot	Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
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**Chemicals (2)**

BETA-CAROTENE

BETA-SITOSTEROL

Ulcerogenic

**Chemicals (1)**

BETA-SITOSTEROL 500 mg/kg ipr rat

Uricosuric	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
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**Chemicals (1)**

ASCORBIC-ACID 4 g/man/day

Urinary-Acidulant	Martindale's 29th
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**Chemicals (1)**

ASCORBIC-ACID

Vasodilator

**Chemicals (4)**

ASCORBIC-ACID

CALCIUM

FIBER

NIACIN

Vulnerary	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
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**Chemicals (1)**

ASCORBIC-ACID